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# CHILD WELFARE LEAGUE OF AMERICA, INC.

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—AFFILIATED—

## NATIONAL FEDERATION OF DAY NURSERIES, INC.

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130 EAST TWENTY-SECOND ST., NEW YORK, N. Y.

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VOL. XVI, No. 4

# BULLETIN

APRIL, 1937

## 1837—Hillside Home for Children—1937

**E**XCERPTS from records a century old, combined with contrasting statements of present policies and activities, have been quoted on a calendar gay with block prints, prepared by executive staff members, cottage parents, and the boys and girls of Hillside Home, Rochester, New York, to celebrate its hundredth anniversary.

"The calendars," writes Dougal E. Young, superintendent, "were distributed to members of the boards and committees, the social agencies in and about Rochester, as well as to those people who have displayed interest in our work during the year. Consequently we do not have a large supply on hand; but there are a few and we shall be glad to send them to people who make requests for them. While we have not sold the calendars, none the less I believe there should be a charge of twenty-five cents to cover mailing, cost of envelope, et cetera."

**W**HEN the organization was founded it was known as the Rochester Female Association for the Relief of Orphan and Destitute Children. From 1838 to 1921 it was called the Rochester Orphan Asylum, when it became the Hillside Home for Children. It has recently become a member of the Child Welfare League of America.

A hundred years ago a house was rented for one hundred and seventy-five dollars a year. "Hillside stands today upon 30 acres of land atop the Pinnacle range, overlooking the city. The work is housed in 12 buildings. Land and buildings represent an investment of over \$370,000.00." The earliest annual budget was \$1,722.48 a year; the latest, \$74,526.50—and the total assets are listed at \$1,163,610.88.

Some of the records from days of old, on the 1937 calendar, are:

"Any child between the ages of two and ten years may be admitted into the Asylum and retained on payment in advance fifty cents per week in addition to their furnishing their own clothing. No child shall be admitted unless bound to the Institution by its

parents or guardian by signing the following agreement: 'I do truly promise not to interfere in the management of him, or her; and in consideration of the benevolence in receiving and providing for my child, I do relinquish all right and claim to it and its services until it shall be of age; and I do engage that I will not ask or receive any compensation for the same, nor take it from, nor induce it to leave the family where it may be placed by the Board of Managers of the Asylum.'"

"Resolved: That all such children as are given up exclusively to the institution shall be retained until they are ten years of age, great care having been taken to inculcate principles of strict integrity and having established habits of general industry. Homes should then be found for the children where they should help support themselves. Two girls are also to be selected by the matron who shall be taught in domestic concerns and fitted to act as assistants in the family until they are 18 years of age."

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## National Child Health Day

**BY** ACT of Congress and Proclamation of the President of the United States, May Day has been established in the United States as "National Child Health Day." The U. S. Children's Bureau has announced as the 1937 theme, "Health Protection for Every Child."

Representatives of pertinent interests and activities are joining with the Child Welfare League of America in a luncheon celebration at the Waldorf-Astoria, New York, on May 1. A feature of this May Day party will be a coast-to-coast broadcast—through the courtesy of Columbia Broadcasting System, from 2:30 to 3:00 P. M., Eastern Daylight Saving Time—which will enable groups throughout the country to share in the Waldorf program.

## Music in a Nursery Group

PAULINA W. McELWAIN

(Paulina McElwain is a graduate of the Nursery Training School of Boston. For two years she was director of the Cambridge Nursery School, Cambridge, Massachusetts. For the last three years she has been the teacher in the Nursery at the Clinic of Child Development, Institute of Human Relations, Yale University.)

**I**N the Nursery at the Clinic of Child Development, Institute of Human Relations, Yale University, the music period is now never omitted. This is due not only to a growing conviction of its importance to the individual child and of its value as a means of group participation, but also to the children's enthusiastic response.

We have two groups of children who play in separate rooms during the first hour of the morning. This division, which is approximately at the three-year level, has come about through our belief that a child finds greater satisfaction and security when his interests and abilities are comparable with those of his companions. We have, however, found that music offers an opportunity for individual response which makes it possible to combine the two groups, thus broadening the contacts of each child in the school. There are six to ten children between the ages of two and four-and-a-half participating in the music period.

This period follows the first hour of indoor free play. A rug is placed near the piano where books are within reach. As each child finishes putting away his toys he is expected to choose a book and to sit down on the rug until all the children are ready. This assures a quiet, receptive mood for the majority of the group. If a child lags after adequate warning and help, he is left to finish by himself, entering into the music when his work is completed. If, for some reason, he becomes over-excited and therefore a disturbing element, he is given some other occupation in another room. The length of the period is entirely dependent upon the interest of the children. It usually lasts about twenty minutes. Frequently, even this is too long for some of the younger children, who leave to wash their hands for the mid-morning lunch which follows. Each child, whatever his age, makes his own decision about the length of his participation. The value of this method is two-fold: the younger or more restless child has had the pleasure of taking part as long as his ability or attention span will permit; the children who remain benefit

from the increased individual attention made possible by the smaller group.

**T**HE music suitable for pre-school children is of two kinds: that to which they can respond actively; that to which they learn to listen quietly.

The first is presented to stimulate interest. Rhythmic activity is probably the best means of approach. It offers children the pleasure which results from spontaneous response through modes of activity which are characteristic of their play. These include running, galloping, jumping, rolling, and swinging. Clapping is also natural to them and may be an introduction to the use of percussion instruments and bells. At first the child should set the tempo which the teacher reproduces on the piano. As the children become more conscious of an established rhythm, an interest in differentiating types of music is developed. They become aware of the difference in quality between a slow, heavy tramp and a quick, tiptoe run; between a loud, strong beat and a soft, gentle tap.

This leads to an interest in the muscular control which rhythmic activity strengthens. For the young child, skipping, hopping on one foot, and certain exercises require fine coordination. Many teachers feel that these should be introduced in such a way that the child unconsciously performs them while dramatizing some idea. We feel, however, that this method belongs to an older age level. Children of the pre-school years have an interest in the mechanical possibilities of their bodies which is, of itself, an incentive to experimentation. They seem to enjoy the conscious effort involved in exercising potential muscular skills.

Songs also catch the child's interest. They may be chosen from those in which the subject matter has some relation to his experience; from nursery rhymes for their familiarity; from those offering an opportunity for dramatic play. More important still is the repetition of the phrases sung by some child during his play. These improvised tunes are of especial value because so perfectly suited to a child's ability. In any case, the songs presented should be simple in structure, their intervals should be clear-cut, and they should be sung at different pitches to suit the tone range of individual children.

Choice of musical activities is left, as far as possible, to the children. This tends to increase the

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## Michigan's New Policies For Dependent Children

(This article was sent to the Child Welfare League of America by a leading children's worker in Michigan. The adaptation of Michigan's program to community needs suggests discussion of different solutions elsewhere in accordance with varying conditions and resources.)

**T**HE suggestion of Miss Emma O. Lundberg early in 1928, while making a survey of child care facilities in Michigan under the auspices of the Child Welfare League of America, that the three hundred and fifty dependent children in residence in the Michigan State Public School could be placed in licensed boarding homes to their advantage, sowed the seed which changed the character of the type of care to be given to these wards of the State. Within seven years the State Public School, an institution founded at Coldwater in 1873, closed its doors through an act of the State Legislature, and was replaced by the Michigan Children's Institute located at Ann Arbor.

The period between 1928 and 1935 was an extremely busy one for those who were interested in bringing about the change from institutional care of a large group of dependent children to placement and care in paid boarding homes. There was a certain amount of demonstration to be done as pioneer work to prove that families which receive pay for caring for children can be interested in benefiting the children rather than merely receiving the pay for their keep. Besides this, there were comparisons to be made regarding the financial cost of family home care versus that of institutional care. These two points, in addition to the actual benefits derived by the children themselves from home life, had to be demonstrated satisfactorily to justify the suggested change.

An institution receiving wide acclaim for its contributions in the evolution of child care facilities, and functioning to the best of its ability, is an excellent advertisement for continued institutional care. The State Public School at Coldwater, regarded since its establishment as a model of its kind, at first acted as a boomerang to defeat the new program for the care of Michigan's dependent children. The task was not an easy one. It had to be done by degrees through the indefatigable efforts of those close to the more modern trends in child welfare programs. Among these persons was a member of the governing board of the institution known as the State Institute Commission, George Smith, Superintendent of Schools at Plymouth, Michigan, himself a former

ward of the State Public School, a man who is always ready to work for the welfare of children.

In 1929 an amendment to the laws governing the Michigan State Public School sponsored by the Institute Commission and endorsed by the State Association of Probate Judges, was passed by the State Legislature. This amendment provided the facilities for placing some fifty children in licensed boarding homes. Children selected for these homes were those who had been in residence at the institution on an average of five years, children who were not placeable in free or adoptive homes for the usual reasons. A trained and experienced social worker was engaged for this specialized service and the roots of the new endeavor were securely fastened in fertile soil.

In 1933 the Institute Commission recognized the fact that the time was ripe to take the next step in the evolution of public care of dependent children in Michigan. The demonstration with the fifty chosen wards had been successful and it was thought the psychological moment had arrived to extend the benefits of the licensed boarding home to the rest of the children in the institution, doing away with institutional care of normal dependent children by the State for all time. The bill suggested to the State Legislature abolished the institution at Coldwater and established in its place the Michigan Children's Institute to be located in Ann Arbor, Michigan, where the excellent facilities of the University and the medical help from the University Hospital would be available. A small receiving home, to serve as headquarters for the staff, and equipped to care for a limited number of children, was to be provided. The buildings and grounds at Coldwater were to be used

(Continued on page 6)

### Adoption Reprint

**T**HE article, "Bargain-counter Babies," by Vera Connolly, in the March issue of *The Pictorial Review*, has been published, in part, in the April issue of *The New Current Digest* as one of the "outstanding articles of the month." (Valley Stream Publishing Corporation. Editorial and business offices, 152 West 42nd Street, New York, N. Y. Single copies, 25 cents.)

## BULLETIN

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C. C. CARSTENS, Editor  
FLORENCE M. PHARO, Assistant Editor

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## Flood News From Louisville

GERALDINE B. GRAHAM

Executive Secretary, The Children's Agency, Louisville

THE recent Ohio River flood caught the Community Chest agencies of Louisville at a bad time inasmuch as the Chest drive was to have opened the evening of Friday, January 22, and Community Chest funds had been exhausted. An exposition in which each of the Chest agencies had participated closed on the night of January 21. However, we hope that all of this effort was not wasted and that our drive in April will benefit by the Exposition.

One of the most distressing features of the flood was the fact that as the waters continued rising, families had to move again and again. By the time the flood reached its peak one-third of the total population of Louisville had been compelled to evacuate their homes.

Shelters under various auspices sprang up in all the dry areas. In the down-town dry area there were established 33 shelters for housing and feeding people, all of which were approved by the Department of Public Welfare. Although an effort was made to bring all the relief stations under supervision of the Department of Public Welfare, this was not possible. It is known that 70 additional feeding stations were set up in the down-town dry area. Most of these were for feeding of refugees only and did not house them.

In the Highlands and Crescent Hill areas which were not inundated between 50 and 60 relief stations were set up, mainly in public schools and churches. There was no centralized control of these relief centers, and consequently the conditions varied, some of the centers being much better organized than others. However, on the whole the organization was remarkably good and the refugees were well fed and

comfortably housed except for a few down-town relief centers where the heat and lights went off.

It was impossible for any of the social agencies to carry on their regular programs and practically all of the social workers in the city worked in one or more of the various relief centers. When the American Red Cross came in to take charge of the program all of the social agencies lent staff members to the A. R. C. for a two weeks' period following the emergency. As the agencies gradually resumed their regular activities arrangements were made to lend a smaller number of workers for a three months' period to the A. R. C.

During the first few days of the flood there was need for so many workers in life saving, in relief stations, and in many other ways that W.P.A. was able to enroll practically all able-bodied men who wanted employment, and in fact almost 1000 men and boys who were non-residents of Louisville, and who had come here either in the hope of finding work or to enjoy the excitement, were placed on W.P.A. rolls and later had to be weeded out. The sight-seers who came to Louisville greatly complicated the situation in the relief centers, as there was no other place for them to stay and they had to be cared for in these centers. We believe that many of the boys who gave their ages as 18 were actually boys of 15, 16, and 17, and that they came from many parts of the country. Unfortunately we do not know what happened to these boys, as they were weeded out of the centers and from W.P.A. rolls. They were not referred to The Children's Agency nor have any of them applied to the Travelers' Aid for transportation home. We can only hope that they did return home in perhaps the same way that they came here.

The Juvenile Detention Home had to be evacuated because of lack of heat and light, and some of the children were placed at the Louisville and Jefferson County Children's Home and others in subsidized foster homes. We are very happy to report that the foster parents of the children under care of The Children's Agency and of the Louisville and Jefferson County Children's Home stood up very well under the distress and uncertainty, and so few children were returned to either agency for care that we could not help inferring that homes had been well chosen.

During the flood many children were separated from their parents—some because of the limited capacity of the boats in which many refugees had to be taken from their homes, and some because of illness of the mother which necessitated hospitalization, and so forth. So much publicity was given to these chil-



dren over the radio that applications for children for adoption have poured into the city from all parts of the United States. We are glad to say that all these children have now been returned to their own parents.

So many adults were also separated from family and friends that a Bureau of Relocation was set up in the Highlands section as soon as the emergency period was over. This Bureau was set up and operated by the social workers and was very effective in getting families back together.

Because so much of the city's residential section had been evacuated it was decided to build two tent colonies, one for white people and one for Negroes. Each tent colony has capacity for 1200 persons. However, we are finding that refugees do not want to go into the tent colonies, and unfortunately some of them are returning to their homes before the homes have been approved for occupation by the Health Department.

Our city administration worked day and night during the emergency period to keep needed facilities in the dry areas and to prevent suffering. All rehabilitation work is now under the American Red Cross. The courage of our people both during the emergency period and in starting the rehabilitation program has been remarkable.

## Hillside Home for Children

*(Continued from page 1)*

"We would gratefully acknowledge Dr. Reed's gratuitous care of the children when sick. The uninterrupted health of the family is truly remarkable. Last year Dr. Reed made but two professional visits to the children and during the year just closed has made but four visits."

"The children shall go in perfect silence, two by two, to the dining room, and shall be required to keep silence at their meals. Breakfast shall consist of bread, mush and milk or molasses and occasionally baked potatoes. Dinner shall consist of soups, codfish, meat with plenty of potatoes, Indian pudding, boiled rice or something of that character; soup once a week; fish and potatoes once a week. The pudding and soup or fish are not admissible at the same dinner. Supper shall consist of bread and baked apples, or bread and milk."

"Resolved to reconsider the vote taken at the last meeting on the subject of butter and to exclude it wholly as an article of food for the children. Resolved to exclude wholly meat and butter, allowing soups and codfish each once a week, also resolved to

exclude molasses and substitute baked apples at the discretion of the matron."

"Exclusive of all other help, there has been made by the family (but principally by the teachers and children) over 150 garments such as dresses, boys' clothes, aprons, shirts, drawers, skirts and nightgowns. This with the assistance of the ladies from the different religious societies of the city has made the expense for clothing a mere trifle, as the total cost for the clothing for our 27 children, who have been with us during the year, less than \$75.00."

"On motion of Mrs. Rochester it was resolved that the larger girls be provided with new bonnets which should be suitable for their age, but corresponding with those of the other children, and that they also have capes to wear to church in place of aprons."

"The children are kept at their books six hours a day except on Saturday, when the afternoon is given to other duties. One day a week is wholly given to instructing in sewing, knitting, cutting carpet rags, and part of each day is improved by those who sew well. Some of the children are daily employed in domestic duties when out of school. Reading and orthography have been carefully taught and the children as far as practicable made acquainted with the words of our language in daily use. Town's Analysis of Derivative Words has been used for this purpose. A class in Mental Arithmetic has been taught. A class has also been engaged in geography and exercised to some extent in drawing maps. The conviction is felt that everything is done by their teachers to improve their moral and intellectual condition."

"The children shall assemble in the schoolroom on Sabbath mornings at 9 o'clock in the summer and receive such instruction as the gentleman appointed for that purpose shall give. This person shall be selected by the Board of Managers. In the winter the hour of instruction shall be one-half past 9. The occupations and amusements of other days shall be suspended and silence and quietness observed through the day as far as practicable. The matron and teacher shall during the day devote an hour to Bible instruction in connection with the questions from the 'Child's Scripture Question Book' accompanied with singing."

A day's program: "The family shall rise throughout the winter at daylight and in the summer at five o'clock and shall be immediately washed and dressed. They shall assemble in the schoolroom for morning devotions, after which they shall walk two by two to breakfast; hour for breakfast in winter, eight o'clock; in summer, seven o'clock. Silence shall be

maintained at meals. After dismissal the morning work must be done. School shall be at nine o'clock and dinner at twelve; school will resume at one o'clock. There shall be a few minutes for play after school if no work is to be done. Supper at five-thirty in summer, earlier in winter, after which evening devotions will be held. The bed time at the discretion of the matron, but must not be later than seven o'clock."

**H**ow different are the notations for 1937 on the calendar:

"Admissions are determined after a complete family study has been made and presented to the Children's Committee, who, recognizing the basic unit of social life is the family, do all in their power to conserve this unit. Then only is a child admitted, and the length of stay is determined by the length of time needed for rehabilitation of some part of the child's family life."

"When Hillside accepts a child for care the moral responsibility to care for that child is assumed until he or she can be returned to this family, placed in a foster family, or until he is self-supporting. Follow-up service is an integral part of Hillside's work. A continuing interest and desire to serve boys and girls at the time and place when and where help is needed is the underlying policy of Hillside's work."

"Hillside's medical staff is composed of 16 physicians, representing specialized fields of medicine, who give generously of their time and ability to the medical care of the boys and girls. Four of this number compose the active medical staff, each serving three months. A modern, well-equipped infirmary, under the supervision of a resident registered nurse, serves for minor illnesses and convalescence. Seriously ill patients are admitted to the city hospitals. Complete medical examinations are given upon admission and yearly thereafter. Dental care is given through the Eastman Dental Dispensary."

"The purchase, preparation and serving of foods is under the supervision of a dietitian, whose duty it is to see that each child receives the proper food to reach the highest physical development."

"Individualization is perhaps best expressed in choice of clothing. Hillside's boys and girls have freedom of choice in the selection of style, color, and material of their clothing."

"Care is given to a study of a child's capabilities for intellectual growth. The children are placed in the school which will minister to his or her particular need, whether this is vocational or academic. The income from a special education fund supplies means

for future education of those children who have the desire for such training. A large percentage of the children when they are discharged have some high-school training. Forty per cent of the children under active care are enrolled in high school."

"Hillside is endeavoring to see if it is not possible to make religion a part of the every-day life of the child, not an attitude which is put on for Sundays and laid aside for the rest of the week. An endeavor is being made to have the child see that the common things they do are spiritual. To foster this idea, a worship service is held Sundays at which service a vested choir of 26 voices sing. A week-day school of religion is held on Fridays. High-school discussion groups are held on Sunday nights."

"Training for the right use of leisure time is as essential as training for work. Play is as essential to the mental well-being of children as it is to their physical development. This idea fosters the development of leisure time activities such as athletics, swimming, music, dancing, dramatics, printing, journalism, craft work, sewing, knitting, and handwork. A well-equipped library is at the disposal of those who enjoy reading."

## Michigan's New Policies for Dependent Children

*(Continued from page 3)*

by mentally retarded children. The bill, approved and endorsed by many of the leaders in social welfare throughout the State, was prepared and introduced by State Senator C. Jay Town and passed by the Senate. Opposition of the people living in Branch County, the location of the institution, who objected to exchanging a thoroughly satisfactory institution for the care of dependent normal children to one for the care of the mentally retarded, was responsible for the defeat of the bill at this time. It was never reported out of the committee to which it had been referred in the House of Representatives.

The period between 1933 and 1935 marked the laying of much necessary educational groundwork, the result of which was that the incoming Governor in his inaugural address asked that the proposal be given favorable consideration. Again agitation in Branch County threatened the passage of the bill. A public mass-meeting was arranged and held in the high school auditorium in the city of Coldwater to discuss the merits of the proposal. Fred R. Johnson, general secretary and State superintendent of the Michigan Children's Aid Society, was present and spoke on behalf of the proposed change. Much of



the success of this meeting was due to Mr. Johnson's capable and convincing presentation of the subject to the local people. A resolution was passed at this meeting which indicated a favorable attitude on the part of Branch County citizens towards the change. State Senator Town again sponsored the bill in the legislature and succeeded in having it passed by both the Senate and House of Representatives by unanimous votes.

Without the support and assistance of many public-spirited people, both in the State and out of it, it would be difficult to say what might have been the fate of the Town Bill in the 1935 Legislature. Among those deserving honorable mention in the battle waged in its behalf are Homer Folks, secretary of the State Charities Aid Association of New York, and Owen R. Lovejoy, then secretary of the Children's Aid Society of New York, both native sons of Michigan; C. C. Carstens, executive director of the Child Welfare League of America; Miss Katharine F. Lenroot, Chief of the United States Children's Bureau; Miss Mary Irene Atkinson, formerly superintendent of charities, Department of Public Welfare in Ohio; Alfred F. Whitman, executive secretary, Boston Children's Aid Association; Miss Emma C. Puschner, director, child welfare division, The American Legion; John Ballenger, former general superintendent, Detroit Department of Public Welfare; Leon W. Frost, general secretary, Children's Aid Society of Detroit; the late Herbert McKinney, department child welfare chairman, The American Legion; and many others too numerous to mention who helped in various ways.

The *Detroit News* was generous in its support of the proposed change. The publicity given on its pages helped to carry weight in the final vote. Representatives and Senators were influenced, also, by the attitude of the State Association of the Probate Judges, which was an important factor in its passage through the Legislature. Fred R. Johnson, of the Michigan Children's Aid Society, already mentioned for his splendid work at the mass meeting which turned the tide of public opinion in Branch County, spoke again and again in favor of the Town Bill, winning himself a vote of eternal thanks from those interested in its welfare.

As to working plans of the organization now operating with its headquarters at Ann Arbor, little needs to be said, as the set-up is much the same as that of private agencies of its kind, with which all social workers are familiar. Plans were formulated late in the fall of 1935 for putting the remainder of the chil-

dren then in the State Public School into homes. Additional workers were employed to supplement those who had been engaged in this work following the immediate passage of the bill in the spring of 1935. In October there were still two hundred children in residence; before the end of March, 1936, the last child was in its substitute home. In passing, it might be of interest to mention that a maximum case load of fifty children per worker is maintained; at the present time, besides the office staff, house staff, and superintendent, the Institute employs fifteen social workers to care for its five hundred children.

The Michigan Children's Institute is still a sapling but it promises to become a sturdy oak. The evaluation of its work will come through the years as the children it seeks to help take their place in society. The staff feels itself a privileged group in its opportunity to help establish this type of care for the dependent children of Michigan. Entering this new field of endeavor, these workers recognize certain definite limitations in the foster home program to meet every individual child's need. With their eyes on the future, they are looking toward the day when the forces within every community will seek to strengthen the influences that give more security to the homes therein, so that children need seldom be taken from their rightful environment.

## Music in a Nursery Group

(Continued from page 2)

spontaneity in the group and the satisfaction of individuals. When there has been a succession of stimulating activity, an occasional child will flop down on the floor, take a deep breath, and say, "Let's have a little rest." This type of child is usually emotionally steady and relaxed. However, for the majority, prolonged activity tends to increase tension. Almost every child needs to learn to relax more completely. It is at this time that there is need of adult guidance.

The second type of music may then be introduced to control emotional reactions. Perhaps this is particularly important for young children in a nursery school where the stimulation of other children and the social requirements of a group are constantly making demands on them. In addition, the children who make up the group of a nursery in a clinical situation differ almost from day to day. Certain personality combinations tend to increase excitability. The teacher should be alert to signs of fatigue lest the value of group participation be lost. By the

careful selection of music she can control the group in such a way that the children are eager and at the same time relaxed.\*

That the music period is of particular value to certain individuals is indicated by their attitudes. One child who remained somewhat insecure in the school situation responded spontaneously and without self-consciousness to music. He made an easier adjustment to the group if brought to school at the beginning of this period. Occasionally, a child who has been somewhat listless during the first hour of the morning will ask, "Isn't it time for music yet?" and will be more responsive when that time comes. An immature four-year-old child seemed to gain in self-confidence when her superior musical abilities were stressed. A four-and-a-half-year-old boy, who played in the nursery for only a portion of the morning, was frequently overstimulated; he steadied noticeably during the music period. That it held a particular appeal for him was apparent on one occasion when he had to leave just as the music period was beginning. He accepted the decision that it was time for him to go, but returned to say to the adult, "Tomorrow, let's have just a *short* story, because I don't want to miss the music again."

\* Selection of music is mainly dependent upon the interests and abilities of the teacher. The following are well-known publications which have been found useful. It is strongly urged that each teacher make discoveries and improvisations of her own.

**140 Folk Songs**, Concord Series No. 7, E. C. Schirmer, Boston.

**50 Russian Folk Songs**, Swerkoff, E. C. Schirmer, Boston.

**Rote Pieces for Rhythm Band**, Diller & Quaile, E. C. Schirmer, Boston.

**School Rhythms**—Robinson, C. F. Summy Co., Chicago.

**Second Solo Book**, Diller & Quaile, E. C. Schirmer, Boston.

**Silhouettes**, Rebikov, G. Schirmer, New York.

**Singing Time**, Coleman & Thorn, John Day Co., New York.

**Standard Book of Traditional Songs**, MacBain, E. C. Schirmer, Boston.

**When All the World Was Young**, Diller & Quaile, Willis Music Co., Cincinnati.

## Facts About Food—and Health

**FOOD, NUTRITION AND HEALTH**, by E. V. McCollum and J. Ernestine Becker. Published by E. V. McCollum and J. Ernestine Becker, East End Post Station, Baltimore, Md. Fourth edition, revised, 1936. 154 pp. \$1.50, postpaid.

A NEW EDITION by these authors is a red-letter event for all interested in nutrition. The authors, in the preface, announce the purpose of the book:

"The gratifying reception of the former editions of this book affords convincing evidence that there is a place for a book containing a non-technical account of the most important discoveries in the field of nu-

trition and their relation to nutrition in daily life. The authors have endeavored to set forth in simple language the nature of an adequate diet as the bio-chemist visualizes it; to make clear the effects of deprivation of individual nutrients so far as they are known; to describe the dietary properties of our more important foodstuffs; to point out the kinds of malnutrition and their extent, as they are being experienced by people in several parts of the world; to define the limits as to what can and what cannot be accomplished through diet; and to recommend a system of diet which will promote health, and which is sound from the agricultural, physiological and economic standpoint. It is hoped that this information will enable the readers to detect the misinformation now being so widely disseminated by faddists, and promoters of foods who make exaggerated claims for their products. The chapters were planned to afford an educational basis for understanding how best to spend the money allotted for food in the family budget."

These purposes have been accomplished in a clear, concise and interesting manner.—FLORENCE A. BROWNE, M.D., Pediatrician for Child Welfare League of America.

## League's Regional Conferences

ENTHUSIASTIC reports have come from New Orleans about the Southern Regional Conference in March, and from Chicago with regard to final arrangements for the Mid-West Regional Conference on April 2 and 3.

The New England Regional Conference is scheduled for April 16 and 17 in Boston, in conjunction with the regional conference of the Massachusetts State Conference of Social Work. League chairman: Cheney C. Jones, superintendent, New England Home for Little Wanderers, 161 S. Huntington Avenue, Boston.

The Eastern Regional Conference will be held at Hotel McAlpin, New York, on April 30 and May 1. Programs will be available about April 15. Chairman: Miss Lou-Eva Longan, superintendent, St. Christopher's School, Dobbs Ferry, New York. Conference dates were changed from April 23 and 24 in order to enable delegates to attend the luncheon arranged by the League on May 1 at the Waldorf-Astoria, New York, in celebration of National Child Health Day.

## New League Publications

**STANDARDS OF FOSTER CARE FOR CHILDREN IN INSTITUTIONS**, 1937, 41 pp.; 30 cents each; in quantities of ten or more copies, 25 cents each.

**STANDARDS FOR CHILD PROTECTIVE ORGANIZATIONS**, 1937, 16 pp.; 25 cents each; in quantities of ten or more copies, 20 cents each.

**INDEX TO BULLETIN**, 1936, Child Welfare League of America and National Federation of Day Nurseries, affiliated; 2-page printed index; one copy free to subscribers; additional copies, 10 cents each. (Note: Printed index prior to 1936 is not available at this time.)